



Swim Lessons

Kids of all ages can learn to swim. Have fun in public classes or sign up for private instruction. Learn to swim the American Red Cross way...the safe way! Certified Water Safety instructors will hold classes for beginning, intermediate, and pre-competition swimmers. Morning classes available all summer. Evening classes available until moon season.

Sign ups are on a first come first serve basis. Payment required to reserve class space. Sign ups for each session begin one week prior to the session you are registering for. Sorry, no refunds or transfers are available after you have reserved your space. First session sign ups start at 10:00AM. All other sessions sign ups start at 11:30 AM.

2003 Learn To Swim Session dates are:

<u>Sign ups start</u>		<u>Session dates</u>
May 29th	Session #1	June 7-17
June 12th	Session #2	June 21-July 1
July 3rd	Session #3	July 12-22
July 17th	Session #4	July 26-Aug. 5

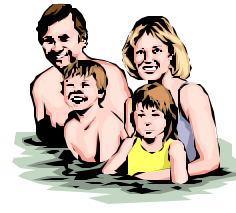
Classes are 1/2 hour M,T,W, and TH. Sessions are two weeks long. The pool is an outdoor pool therefore classes will not be made up for cancellations due to inclement weather. Schedule is subject to change due to special events and demand.

Check the information board at the pool or call 282-011 for any schedule changes.



Recreation Swim

Recreation swim for all ages. Have family fun all day and stay cool. Relax in a lounge chair. Lay back and take in the beautiful red rock views surrounding the pool.



Lap Swim

Fitness oriented lap swim will keep you in shape this summer. Training equipment available for your convenience.



Masters Swimming

Improve your stroke techniques and efficiency in the water. Masters swimmers are improving every pull and every kick with every length they swim. You can too! Fee: Regular admission plus \$5.00 coach-

Water Aerobics

Increase your flexibility and muscle strength, enjoy breathtaking scenery and a great social climate while participating in this aquatics class Monday Wednesday and Friday mornings from 9-10.

Emphasizing movement in water with a temperature between 82 and 84 degrees is sure to put a bounce in your step this summer.



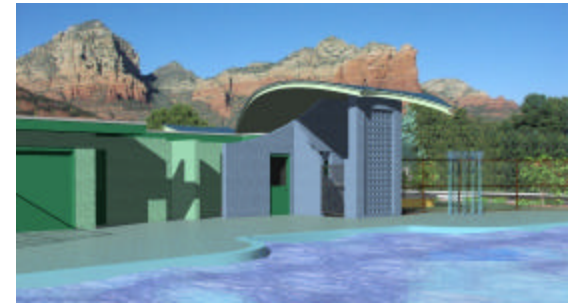
Deep end Water Aerobics

Deep end water aerobics is a high intensity workout. Participants wear aqua belts for buoyancy. Classes focus on various exercises that help strengthen and tone. This low impact exercise is perfect for those who enjoy high energy workouts through water resistance.

Classes are M,W, F 6-7



SEDONA COMMUNITY POOL

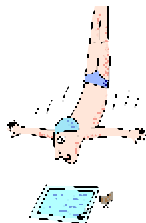


Looking for a great way to cool off this summer? Come visit our newly renovated pool. Whether you want to participate in water aerobics, swim lessons, or just relax by the pool taking in the beautiful Red Rock Views, the Sedona Community Pool is the place to be this summer.

Pool season runs from May 29th through August 12th
Call the pool for Pre and Post season schedules

Located in West Sedona Just off of Posse Grounds Rd. Behind West Sedona School.
For more information call the Parks and Recreation Office at 928-282-7098
Or call the pool (in season):

Tel: 928-282-0112



Sedona Community Pool Summer Schedule



Summer season fees & passes

	<u>Drop in</u>	<u>Monthly</u>	<u>Season</u>	<u>10 visit punch pass</u>
Youth/Senior	\$2.00	\$40.00	\$65.00	\$20.00
Adult	\$3.00	\$50.00	\$90.00	\$30.00
Family	\$10.00	\$85.00	\$125.00	\$80.00
Swim Team	N/A	\$20.00	\$35.00	
Practice only				
Swimnastics	\$3.00	\$65.00	\$115.00	\$25.00
Water Aerobics	\$3.00	\$65.00	\$115.00	\$25.00
Non-resident	+ .50	Per person		

Youth is 17 years & younger– Senior is 55 years & older.
 Family passes are for **immediate** family members
 Punch passes are equivalent to cash. You must present your pass each visit.

Pool Fees



All Passes are available beginning May 15th

- Swim Lessons- \$27.50 for EIGHT 1/2 hour lessons
- Private Swim Lessons- \$22.00 for 1/2 hour per individual
- Semi Private swim lessons \$15.00 for 1/2 hour per participant, must have at least two participants to qualify.
- Masters– regular admission plus \$5.00 coaching fee



Sedona Community Pool - Opens May 29, 2004

(Pre-Season Swimnastics and Adult Lap available, call 282-7098 for more information)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Swim Team Starts at 6:30	Adult Lap	Swim Team Starts at 6:30	Adult Lap	Swim Team Starts at 6:30	<div>Prevent drowning in our community! Enroll your kids in swim lessons and never take your eyes off them when they are in the water.</div> 	
7 AM–9 AM	Sedona Swim Team Practice (SST) Sedona Swordfish 1997, 2000, and 2001 Verde Valley Champs						
9 AM	Water Aerobics	Swim Team	Water Aerobics	Swim Team	Water Aerobics		
10 AM	AMERICAN RED CROSS LEARN TO SWIM PROGRAM CLASSES Great rates! Great instructors!						
11:30 AM–1 PM	Adult Lap Swim						
1PM– 4PM	Recreation swim (A lap lane is available during all recreation swim hours except for special event days)						
4PM-5PM	Swim Team	Special Olympics athlete training	Swim Team	Special Olympics Athlete	Staff Training and maintenance		
5PM– 6PM	Adult Lap Swim - T, W, TH, F (No adult lap swim available M nights) American Red Cross Learn To Swim Program, M-TH Through mid July						
6PM– 7PM	Masters	Adult Lap Swim T, W, TH, F M,W,F Deep end water aerobics					